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VANCOUVER • TUESDAY, JULY 7, 2009 metronews.ca

Celebrity Buzz

Will the real Brüno stand up?

pg 14

Sports pg 10

Canucks sweeten crease with Raycroft

Millions set to watch Jackson memorial

SERVICE Tens of millions of people around the world are expected to tune in to watch today's Michael Jackson memorial at the Staples Center in Los Angeles, according to the most recent media predictions.

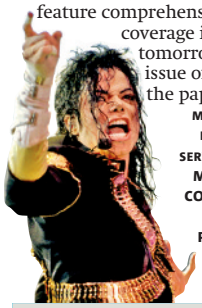
Many of the major TV networks — including CTV, CBC, CNN and E! Entertainment — are expected to broadcast the event, which takes place at 10 a.m. PDT.

The public memorial will feature performances by Mariah Carey, Usher, Stevie Wonder and other well-known stars, states a release on behalf of the Jackson family. Given the feverish interest in all things Jackson, the Los Angeles memorial could be one of the most-viewed events of all time.

Metro Canada will feature live updates of the memorial service today at metronews.ca, and will feature comprehensive coverage in tomorrow's issue of the paper.

METRO NEWS SERVICES

MORE COVERAGE, PG 12



REUTERS

World pg 6

Unrest, deaths in NW China

SunnySide

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On metronews.ca

• See what other Metro readers are doing and saying about SunnySide

Please recycle

Sweet **Beard of bees**

KRISTEN THOMPSON/METRO VANCOUVER

Peter Carlone grimaces as roughly 4,500 honeybees gather around his face and neck at Telus World Of Science yesterday. Volunteers will be invited to wear the three-pound (1.4-kilogram) beard of bees on Saturday and Sunday as part of a special weekend program.

RCMP put out sketch of suspect

Man sought in girl's sex assault

JEFF HODSON
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Mounties in Surrey yesterday released a composite sketch of a man accused of sexually assaulting a young girl at knifepoint.

RCMP Sgt. Roger Morrow said the six-year-old girl "has been very strong throughout this whole ordeal."

The sketch is based on a description from the young victim's 12-year-old brother, who was threatened with a knife and told not to move while the man assaulted his sister.

"This is an image created from comments from a 12-year-old," Morrow cautioned. "It is not a definitive picture, but rather a tool that our investigators will be using."

None of the three children said they had seen the suspect prior to the assault, Morrow added.

On Friday evening, the girl, her brother and his 15-year-old friend were walking from a food outlet at 64th Avenue and King George Highway to their home near 62nd Avenue and 139th Street.

The area is residential but with swaths of brush and trees interspaced between houses.

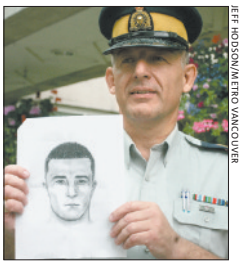
A man in his late 20s or early 30s approached the youths with a folding knife and forced them into a treed area. There he threatened the two boys before taking the girl to a different area and sexually assaulting her.

Police were notified of the attack more than 20 hours after it occurred.

The girl's father plastered posters around the neighbourhood, warning parents to be on the lookout for the man and offering to "pay good" if the man was brought to him.

Dozens of officers were involved in the search and were using Google Earth to scour the area "with a fine-toothed comb."

RCMP have also implemented a tip line (604-599-7800) and have inquired to the National Sex Offender Registry in Ottawa.



JEFF HODSON/METRO VANCOUVER

RCMP Sgt. Roger Morrow holds a sketch of a man who allegedly sexually assaulted a six-year-old girl in a treed area in Surrey on Friday.

Women-only pharmacy 'labour of love,' says director

Today, for the first time in North America, a women-only pharmacy opens its doors in Vancouver.

Lu's: A Pharmacy For Women — which opens at 9 a.m. on West Hastings Street — was a "three-year labour of love," says Caryn Duncan, executive director of Vancouver Women's Health Collective.

The organization owns and operates the pharmacy.

"It gives women confidence to have a women's space where they want to talk about their health, because it's (a) very intimate (topic)," said Duncan. "And women like peer support, too."

Duncan said the location is ideal for women in the Downtown Eastside who tend to have high health needs and face barriers to accessing care.

She said she hopes to have a nurse on site part time starting in September, and to one day offer pap smears, breast exams and other basic primary care.

"It's like a first step toward a women's clinic, which is my dream," said Duncan.

Staff will be spending the first day talking with women on the street and letting them know the pharmacy is now available to them.

"Our hope is that all different kinds of women will use the pharmacy," Duncan said. "We believe that it's a space that can be shared."

KRISTEN THOMPSON/ METRO VANCOUVER

Namesake

• The pharmacy is named for Lucette Hansen, a longtime volunteer at the Vancouver Women's Health Collective who ran a family planning program in Quebec.

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Grizzly protection zones expanded
B.C.'s grizzly bear protection zones on the central and north coast have been expanded, the provincial government announced yesterday. A total of 477,000 hectares are now closed to grizzly hunters, while 122,000 hectares are off limits to black bear hunters. METRO VANCOUVER

Local

Kitsilano Beach among sexiest

Kitsilano Beach is the third sexiest in North America, according to forbestraveler.com. Kits is the place for "sexy locals and Hollywood interlopers to relish the opportunity to peel down to their swimsuits and flaunt what they've got amongst the sand, beachwood and mountain vistas," the site said. METRO VANCOUVER

2 men arrested after botched store theft

JEFF HODSON
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CRIME A sharp-eyed police officer got more than a double-double at a Tim Hortons yesterday morning when he spotted a pair of men who minutes before had allegedly beaten the clerk and robbed a convenience store, police said yesterday.

Yesterday at 5:30 a.m., two men entered the 7-Eleven at 710 West Sixth Ave. Police allege one of them jumped the counter and began beating the clerk while his partner began stealing cash from the till.

Meanwhile, a police cruiser pulled into the parking lot and in the confusion that followed, the clerk was able to scramble to safety. The two men ran out the back as the officer called for backup.

Police flooded the area and called in a police dog to track the suspects.

One of the officers was strolling by the Tim Hortons in the 800 block of West Broadway when he spotted the two men inside the restaurant. The men once again fled out the back door.

A dog was brought in and the men were captured hiding in some bushes a short distance away.

Legislate pet-free planes, lung association urges

KRISTEN THOMPSON
kristen.thompson@metronews.ca

"Put a wet washcloth over your face and try breathing like that. It's not much fun."
Scott McDonald, B.C. Lung Association

TRAVEL The B.C. Lung Association is urging the government to consider legislating pet-free planes in light of a recent announcement from Air Canada that small animals will soon be allowed on flights.

Scott McDonald with the B.C. Lung Association said he's not suggesting banning pets in cabins, but offering the roughly 350,000 British Columbians with chronic obstructive pulmonary disease the option of flying on pet-free planes.

"Parliament should consider the rules in a way to accommodate people who do suffer from exposure to animals," McDonald said.

Air Canada and WestJet, which has allowed animals on board for a while now, say no more than four pets will be allowed on each plane, and allergic passengers can switch seats or flights.

But McDonald said those measures won't protect people on long flights or small planes, since air within cabins is re-circulated and allergens can linger long after pets have left.

"Put a wet washcloth over your face and try breathing like that. It's not much fun … (People) should be entitled to a safe flight."

metronews.ca
What's online today.

Video Comrades gather at Kandahar Airfield to honour Canadian Cpl. Michaud at **metronews.ca/canada**

Video Japanese emperor meets Gov. Gen. Michaëlle Jean during state visit at **metronews.ca/canada**

Recession hurts depressed: Survey

MENTAL HEALTH Thirty-seven per cent of working British Columbians suffering from depression said they noticed an increase in their symptoms due to the recession, a new national survey found.

The questionnaire conducted by Leger Marketing investigated the impact of depression on different aspects of a person's life. METRO VANCOUVER

Missing mom spotted: RCMP

Mounties fear woman lost since 2007 is being held captive

DANIEL TAM
for Metro Vancouver

Recent sightings suggest that a missing Abbotsford mother of three is alive and possibly being held against her will, RCMP said yesterday.

Candace Shpeley, 26, has been seen at Price Mart Foods, Wal-Mart and downtown in Chilliwack, according to Cpl. Dale Carr.

"Our goal is obviously to bring her home to reunite her with her family," Carr said. "Her family and her children want her home."

Shpeley was last seen on March 30, 2007, and was reported missing on April 1, 2007.

Her vehicle was discovered abandoned in Vancouver near East 17th Avenue and Renfrew Street 10 days later.

Her father, Barry Shpeley, is asking anyone who has any information about his daughter to contact him or police.

"Nothing is more important to me than to get my daughter back," he said. "I just want to know that she's all right. We're just worried for her safety."

DANIEL TAM/FOR METRO VANCOUVER

Barry Shpeley asks for public help yesterday in the search for his missing daughter Candace.

Barry Shpeley, who resides in Chilliwack, said he found it "hard to believe that (his) daughter would be in Chilliwack and not come knock on (his) door."

"As a parent you try to figure out where your children are. She'll always be my baby girl."

Wooden roller-coaster nabs honour

FUN The Playland wooden roller-coaster is being honoured this week as one of the world's best.

The historic ride will be given the status of "classic" and "landmark" by members of the 8,000-strong American Coaster Enthusiasts at a ceremony this Saturday. It'll be the first coaster in North America to have both designations and one of only 20 worldwide.

History

- Playland's wooden roller-coaster cost $200,000 to build in 1958.

According to officials at Playland, Vancouver's famous wooden coaster was visited by a group of B.C. engineers 50 years ago just before it was completed.

The experts bet $100 — a lofty sum in 1958 — that the roller-coaster train wouldn't make it through all the ups and downs and bends and curves powered by gravity only after the first hill.

Builder Walker LeRoy strapped a plank to the wheels of an unfinished train and, holding on to a piece of rope only, set off to prove the engineers wrong.

The ride took about 90 seconds and won LeRoy the $100. METRO VANCOUVER

RAFE ARNOTT/FILE PHOTO

Performers throw their hands up while riding Playland's wooden roller-coaster last fall.

News in brief

THEFT A Mark's Work Wearhouse trailer has been stolen with roughly $10,000 worth of merchandise, including clothing and boots. The truck went missing from the Lougheed Highway store late July 5 or early July 6.

BILLBOARDS Surrey is mulling the idea of putting up giant electronic billboards near high-traffic spots like the Peace Arch Border Crossing and the approaches to major bridges, news1130.com reports. Coun. Barinder Rasode said the billboards could generate as much as $2 million for the city.

ARRESTS Three people have been arrested in connection with a series of commercial break-ins in downtown Vancouver, in which the suspects allegedly broke in through skylights. Police said they caught one man lowering himself into a store and emerging with property. Two others were also arrested nearby.

HELP Police in Delta are asking for the public's help in finding two men who robbed a business in the 7300 block of 120th Street at knifepoint. Staff said one of the men was armed with a 12-inch knife and demanded money. No one was hurt. METRO NEWS SERVICES

American Idol tour hits town

American Idol winner Kris Allen and runner-up Adam Lambert, along with the other Top 10 finalists from the 2009 season, will be in Vancouver tomorrow for the American Idols Live Tour 2009. The show at GM Place starts at 7 p.m. METRO VANCOUVER

Man dies after falling into river while fishing

CAPILANO RIVER A 53-year-old North Vancouver man died yesterday after slipping on a rock and falling into Capilano River.

The RCMP said two men were fishing near the Capilano Fish Hatchery when one slipped while he was casting off.

"According to the witness the victim was able to tread water for about five minutes before he slipped under the surface," said RCMP Cpl. Marlene Morton.

"Fire Services Rescue Crew went into the water where the victim had been last seen and were able to locate him laying on the river bed," she said.

"Fire Services Rescue Crew went into the water where the victim had been last seen and were able to locate him laying on the river bed."
Cpl. Marlene Morton, RCMP

"Unfortunately (he) had been under water for close to an hour and had already passed away when brought to the surface."

METRO NEWS SERVICES

New Westminster police seek suspect in sex attack

ELEVATOR Police in New Westminster are looking for a man who sexually assaulted a woman in the elevator of her apartment building.

The man entered the building behind the victim early Saturday, and followed her into the elevator where he molested her, said Sgt. Gary Weishaar.

The victim managed to break free when the elevator stopped several floors up, and ran into the hallway knocking on doors yelling for help.

The man fled down a nearby stairwell.

Anyone with information is asked to call police.

METRO VANCOUVER

Woman faces impaired driving charge after switching seats

SUSPENDED LICENCE A woman has been charged with impaired driving after she slid over to the driver's seat in a failed attempt to keep police from catching a man with a suspended licence.

After police signalled for the car to pull over, the switch over actually drew more attention to the pair.

That's when officers noticed the woman had been drinking and charged the man with driving while prohibited, according to Cpl. Marlene Morton.

METRO VANCOUVER

Crackdown

- In addition to this duo, North Vancouver RCMP arrested one driver for impaired driving and took another six off the road for 24 hours in one road block on Highway 1 as part of its summer crackdown on drinking and driving.

Blood donors heed call of Sirens for Life

Firefighters strive to give more than police, ambulance staff

KARL YU
for Metro Vancouver

Back in 2007, Laura Poelstra, 14, was suffering from aplastic snemia, a blood disorder that prevents the bone marrow from producing new blood cells, but thanks to a donor — a New York City firefighter — she is feeling fine now.

Laura Poelstra

Local-area firefighters will follow suit by attempting to donate more blood than the Vancouver Police Department, the RCMP and the B.C. Ambulance Service as part of the Canadian Blood Services' third annual Sirens for Life blood donor challenge.

Canada Blood Services donor service's regional manager Britt Andersen said that they could always use donations, not just for the challenge.

"In British Columbia, believe it or not, (just) under three per cent of the eligible population donate blood," said Andersen.

"It's pretty remarkable when you consider that almost 50 per cent of the population will at some point either need blood or know someone close to them that will need blood."

Laura's father, Syd Poelstra, said you never know when you or a loved one is going to be the one who needs it.

"That's definitely the case for our family. This was right out of the blue and that's probably the biggest message for people to realize."

KARL YU/FOR METRO VANCOUVER

Vancouver fire Chief John McKearney donates blood at the launch of Sirens for Life yesterday at the Canadian Blood Services Vancouver location. It's the chief's 79th donation.

The goal

- 1,200 units of blood are needed in B.C. during the challenge.
- Each unit of blood is 450 millilitres — almost one pint.

Vancouver falls on list of priciest places to live

SURVEY The City of Vancouver is the 93rd most expensive to live in, according to the 2009 Worldwide Cost of Living survey.

Vancouver dropped significantly — 23 places — from last year's ranking at 64th.

At 93rd, we're tied with Panama City.

Major ranking changes are a result of the fluctuating strength of the dollar, the survey said.

It covered 143 cities across six continents and the ranking system is determined by measuring the comparative cost of more than 200 items in each city, including housing, transportation, clothing, food, household goods and entertainment.

Japan has the two priciest cities with Tokyo and Osaka leading the world, followed by Moscow in third place. Geneva and Hong Kong round out the Top 5.

New York is the priciest North American city at No. 8.

The least expensive city is Johannesburg, followed by Asuncion in Paraguay.

METRO VANCOUVER

Canadian cities

- The priciest Canadian cities, according to the survey, are Toronto (84th in the world), Calgary (89th) and Vancouver (93rd).

News in brief

BRIDGE TOLLS More than 12,000 transponders have been leased to drivers for the Golden Ears Bridge. Tolling begins July 16.

ELECTRIC CARS Special infrastructure should be planned to ensure Vancouver parks are ready to support electric cars, a Park Board commissioner said. According to Ian Robertson, 35 per cent of all cars produced by 2025 will be hybrid or electric.

BODY Mounties are looking for the body of a 19-year-old Surrey man after he presumably drowned in Harrison Lake.

SMOKING BAN Coquitlam banned smoking in all of its parks yesterday as a preventative measure to fire hazards, cknw.com reports.

METRO NEWS SERVICES

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Chopper crash kills two Canadian soldiers 5

Two Canadian soldiers, Master Cpl. Patrice Audet, 38, and Cpl. Martin Joannette, 25, and a third NATO soldier in Afghanistan died early today in a helicopter crash, CBC News reports. METRO NEWS SERVICES

Canada

MP bucks secrecy trend

Ontario Grit puts taxpayer-funded expenses online

Michelle Simson learned a simple lesson as assistant branch manager at a Scarborough bank: when handling other people's money, account for every penny spent.

Her grandfather had instilled a similar message of responsibility in her father, and her father passed it on to her.

So it was quite a surprise when Simson arrived in Ottawa last fall to find that this thinking would cast her as a renegade on Parliament Hill.

The Liberal MP for Scarborough Southwest joins a club of one this week when she becomes the first federal politician to post all of the expenses that she claimed for the 2008-09 fiscal year on her website.

There is about $95,000 to set up and run an office for five months, 75 per cent of what she was entitled to use; a negligible amount to wine and dine officials and constituents; and close to the maximum of about $25,000 that MPs are granted to rent and maintain a second home in Ottawa.

Disclosing the claims is the simplest of actions. It could easily have gone unnoticed in the sleepy summer months.

But in choosing to reveal how she spent taxpayers' money since the October federal election, she is bucking a trend of secrecy that crosses party lines.

TORSTAR NEWS SERVICE

Disclosure

- Of the 37 MPs contacted last month, only six agreed to divulge how they spent a portion of the funds. All were Liberals.

Ottawa **Royal visit**

CHRIS WATTIE/REUTERS

Japan's Emperor Akihito and Empress Michiko greet school children at Rideau Hall in Ottawa yesterday. The Japanese royals are on an official visit to Canada from July 3-14.

News in brief

REPORT The Harper government's claim that it can end its deficit-funding within five years cannot be believed, says parliamentary budget officer Kevin Page. In a new report, Page says the cumulative federal deficit in the next five years will reach $156 billion.

ECONOMIC RANKING Canada is still a "B" student when it comes to economics, says the Conference Board of Canada. The research organization released a report card yesterday on the economic performance of the world's 17 richest countries, noting Canada managed to maintain its overall "B" grade and 11th place ranking in 2008 despite the global economic crisis.

TORSTAR NEWS SERVICE

Anti-poverty activists sound hunger alarm

SUMMIT On the streets outside the Prime Minister's Office at noon, the media almost outnumbered about a dozen anti-poverty activists sounding the alarm on global hunger.

Prime Minister Stephen Harper, making ready to head to Italy's G8 summit today, never heard or saw them.

Jacques Beaulieu, a Privy Council Office security official, politely accepted the petition signed by 3,200 Canadians whose letter warned "the poor are bearing the brunt of the rising costs of food and fuel and the downturn in global economic activity."

Their call to G8 leaders to act would be passed on, the official said.

Yet groups like Oxfam and Making Poverty History, whose voices were drowned out by Ottawa lunchtime traffic, got a big boost from a voice the industrialized world leaders may well listen to when they meet in L'Aquila tomorrow. This year, food security and poverty reduction are on the agenda. Yet the focus for Canadian officials remains economic.

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Zelaya to meet with Clinton today: Official
U.S. Secretary of State Hillary Clinton is expected to meet ousted Honduran President Manuel Zelaya today, a U.S. official who spoke on condition of anonymity said yesterday. REUTERS

World

Russia, U.S. look to ease tensions

Visiting U.S. President Barack Obama and Russian President Dmitry Medvedev agreed on a target for cuts in nuclear arms and a deal to let U.S. troops fly across Russia at the start of a trip intended to mend strained ties.

Obama

Medvedev

At a cordial, formal news conference in the Kremlin, the two leaders spoke of their resolve to put differences behind them and focus on co-operating to solve global problems such as the spread of nuclear weapons.

Both mentioned the issues that still divide them — Russia's opposition to Washington's plans for a missile defence shield in central Europe and U.S. insistence on Georgia's territorial integrity — but stressed the positives in public.

At a signing ceremony, Obama and Medvedev pledged to finalize a treaty by year-end to cut the number of deployed nuclear warheads on each side to 1,500-1,675 from levels above 2,200.

Russia will allow 4,500 flights a year carrying U.S. troops and weapons to the war in Afghanistan to cross its territory free of charge, a move hailed by the U.S. as showing Moscow's willingness to help in the war on the Taliban.

It remains to be seen whether Obama gets the same message today at a breakfast meeting with the man who holds most political power in Russia and who chose Medvedev for the Kremlin, Prime Minister Vladimir Putin. REUTERS

More than 1,400 arrested in China

UNREST Hundreds of Uighur protesters clashed with Chinese anti-riot police in the capital of China's Muslim region of Xinjiang yesterday, two days after ethnic unrest left 156 dead and more than 800 injured.

The protesters said their family members had been arbitrarily arrested in a crackdown after rioting broke out in the regional capital Urumqi on Sunday.

"My husband was taken away yesterday by police. They didn't say why. They just took him away," a woman who identified herself as Maliya told Reuters. Chinese police have arrested more than 1,400 people following rioting in the restive far western region.

OSMAN ORSAL/REUTERS
Protesters burn a Chinese flag during a demonstration in Istanbul, Turkey, to protest against the deadly riot in China's northwestern region of Xinjiang yesterday.

Sensitive area

- Along with Tibet, Xinjiang is one of the most politically sensitive regions of China and in both places the government has sought to maintain its grip by controlling religious and cultural life while promising economic growth and prosperity.

While there were some reports that the violence had spread elsewhere in the region, Xinjiang's Communist Party boss said the unrest had been quelled, although he warned "this struggle is far from over."

Xinjiang's state-run media quoted the regional Communist Party boss Wang Lequan as calling for officials to launch "a struggle against separatism."

Some Xinjiang newspapers also carried graphic pictures of the violence, including corpses, at least one of which showed a woman whose throat had been slashed. A total of 1,434 people had been detained, state news agency Xinhua reported, although local residents say police were making indiscriminate sweeps of Uighur areas. REUTERS

News in brief

G8 Italy, France and Britain called yesterday for major developing economies like China and India to sign up for a goal of halving the world's greenhouse gas emissions by 2050 at this week's G8 summit in Italy. Italian Foreign Minister Franco Frattini said the "extremely ambitious" goal would be the focus of the second day of the summit on Thursday, when U.S. President Barack Obama will chair a meeting of the Major Economies Forum.

AFGHANISTAN Seven U.S. soldiers were killed in attacks across Afghanistan yesterday. REUTERS

Iran's Khamenei warns West

INTERFERENCE Iran's Supreme Leader Ayatollah Ali Khamenei warned Western countries yesterday against interfering in Iranian affairs after its disputed presidential election, state television reported. REUTERS

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Comment

The corporate kingdom

When are people finally going to say enough is enough?

John Manley has been named to replace Tom d'Aquino as the head of the Canadian Council of Chief Executives, the ultra-powerful lobby group for corporate Canada.

Manley is a great catch for the corporate kingdom. As former industry minister and finance minister, he comes to the job with credibility and respect. It will be much needed because one of these days the dam is going to burst on the issue of corporate entitlement.

How much can the people take?

Consider the record. The corporate kingdom was highly instrumental in crashing the economy and now the taxpayer has to foot the bill, the auto sector being the prime example, to bail the companies out.

Many among the financial elite who wreaked economic havoc have walked off with millions in golden handshakes and compensations. The outrageousness of perks and executive compensation is well-documented. Our prime minister is paid $300,000 per year. Corporate executives get that in a fortnight. If they screw up on the job, they end up getting more.

Their tax write-offs are something to behold. Our sport of hockey has become hostage to corporate boxes. If you don't have an arena with 100 luxury suites, sorry, you don't get a team. And if you have a team with suites, the fan has to pay hundreds of dollars to go to a game, partly because of the tax-break infrastructure that caters to the corporate culture.

Canada's corporate taxation rate has gone down, down, down in modern times because of what basically amounts to blackmail. The corporations threaten to move offshore if they don't get their way on tax breaks. The threat works, the result being that much of the tax burden falls to the rest of us.

Corporate boardroom structures are a farce. The boards of directors are often chosen by the executives of the corporation. The board then negotiates and doles out salaries and limos and airplanes, etc., to those same executives. Shareholders are supposed to be in control. It doesn't work that way.

The time is ripe for an overhaul of corporate culture. In the United States, President Barack Obama announced a salary cap of $500,000 for executives of companies that receive a lot of bailout cash. But many of his measures against corporate greed have been watered down.

Here, much noise is made about the excesses of corporate entitlement. But action is another thing. This is stuff made in heaven for the New Democratic Party. For the Liberals it should be a high priority as well. The question is: Where are they?

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Future looks bleak for retirement savings

In theory, Canadians will retire on a mix of income from government pensions and entitlements, personal savings, and workplace pension plans. In practice, they can really only count on the first two. Even then, the Canada Pension Plan and benefits like Old Age Security will only fill a portion of their needs.

When it comes to personal savings and workplace pensions, though, our future looks bleak. For years, we've saved less and less. People were putting away more than 10 per cent of their disposable income in the mid-1980s; lately, it's closer to two per cent.

Even hard-core savers face obstacles. Those who save by investing in retail financial products are hit by high sales and management costs that undermine eventual yields. When stock markets dip, registered retirement savings account values follow, which explains why there was a six per cent decline in the number of people making RRSP contributions last year.

But why save when you can spend? Earlier this year, the Certified General Accountants Association reported that national household debt has reached $1.3 trillion, and 85 per cent of Canadians are carrying outstanding balances on their credit cards. Personal lines of credit now show outstanding balances of $181 billion. That's nearly four times the amount that was outstanding in 2000.

At worst, this country faces an unprecedented rise in personal insolvencies in the next few years. At best, all that accumulated debt will have to be paid down, further weakening our ability to save for retirement

Public and private sector employers can't help us out of this mess. Corporate and public sector pension plans have been struggling with funding deficits since the tech bubble burst in 2000, and remain billions short of their long-term funding commitments. In cases like Air Canada, where the pension shortfall is about $6 billion, the outlook is scary.

Making up funding deficiencies will take years. The corporate sector is also trying to lessen future needs by steering workers into defined contribution pension plans where companies aren't locked into pre-determined benefit payouts the way they are in traditional defined benefit plans.

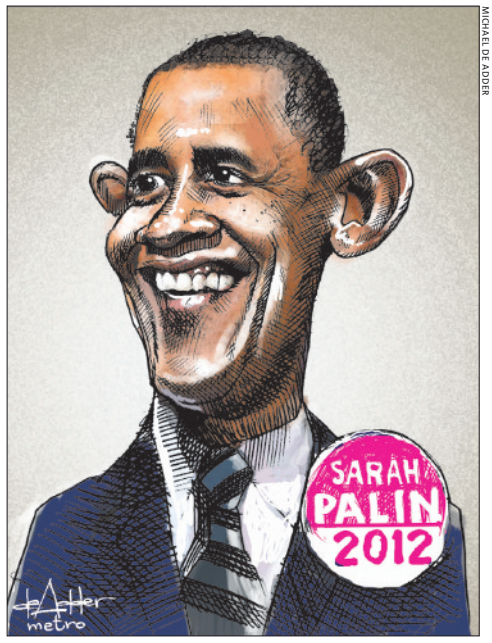
However you define it, only 5.9 million workers are covered by employer pension plans. Of Canada's 11 million or so other workers, many have arrangements like company assisted RRSPs, while at least 3.5 million have no company plans at all.

Next: The growing pressure for a new, expanded public pension plan.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

PensionSeries

(Editor's note: This is the second part of a three-part series by Charles Davies on pension plans.)



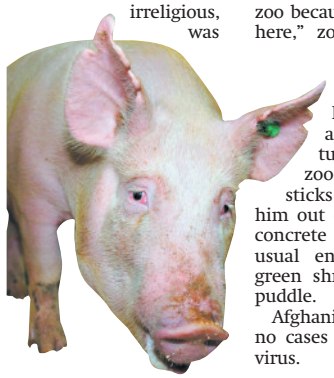
MICHAEL DE ADDER

Worth mentioning

That'll do pig, Afghan zoo tells only porker

Afghanistan's only known pig trotted out of quarantine on the weekend, two months after he was locked away because of swine flu fears, to bask again in the mud at the Kabul Zoo.

The pig, a curiosity in Muslim Afghanistan where pork and pig products are illegal because they are considered irreligious, was quarantined because visitors to the zoo were worried it could spread the new influenza A (H1N1) virus, commonly known as swine flu.



"Our people did not understand that the disease only passes from person to person and felt that the swine influenza might even be spread from the zoo because we have a pig here," zoo manager Aziz Gul Saqib told Reuters.

"Khanzir" — Pashto for pig — appeared unperturbed as a team of zoo workers used sticks to gently prod him out of his temporary concrete home into his usual enclosure of lush green shrubs and a mud puddle.

Afghanistan has reported no cases of the H1N1 flu virus. REUTERS

Metro Online Poll Results

23% SAID YES	Are you paying attention to political speeches during the summer months? *Weigh in on today's question at metronews.ca*	77% SAID NO

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Amsterdam to seek banking help for prostitutes

Amsterdam city council is turning its attention to a pressing problem for one of the city's key business sectors — banking and credit for prostitutes who can't get accounts from mainstream institutions. Despite the trade being legal, many banks shy away from taking the ladies on as customers. REUTERS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

France, Britain seeking ways to reduce oil price volatility

ENERGY France and Britain called for action to curtail oil price volatility yesterday as part of a move towards tougher global governance to prevent a return to economic problems.

Speaking at a summit ahead of a meeting of Group of Eight leaders in Italy, French President Nicolas Sarkozy said France and Britain would publish a joint document on the issue.

"We must, with the fossil fuel-producing countries, try and stabilize the oil price in a reasonable range, neither too high nor too low," Sarkozy said at a news conference with British Prime Minister Gordon Brown. REUTERS

GM to receive $20B this year

A restructured General Motors Corp. will get the remaining $20 billion US in government bankruptcy financing over the rest of this year and could be ready to launch an initial public stock offering in early 2010, a senior U.S. official said yesterday.

Steven Rattner, who heads the Obama administration's autos task force, said he was confident that a U.S. bankruptcy judge's decision on Sunday to allow the sale of the automaker's best assets to a "New GM" would withstand appeals.

The decision will clear the path for the company to emerge from bankruptcy court in coming weeks and will allow the U.S. Treasury Department to focus on divesting its stake, Rattner said.

Rattner expects GM to name additional board directors later this month.

A former investment banker, Rattner said an IPO for a portion of the government's stake that would return GM to public ownership would need a "decently robust" stock market to succeed. REUTERS

$10-11B given

- GM has so far received about $10 to 11 billion of the bankruptcy financing and will get the rest of the money by year-end, though there was no set timetable for payments.

India **Import duty doubled**

KRISHNENDU HALDER / REUTERS

Salesmen at a jewelry shop attend to their customers in the city of Hyderabad yesterday. India's doubling of import duty on gold and silver is likely to encourage recycling of the metals locally in what could continue to keep imports subdued for the rest of this year, traders and analysts said.

Machinists' union sets date for Air Canada vote

LABOUR Members of Air Canada's biggest labour union, who rejected a tentative contract agreement with the carrier last week, will vote again on the offer on July 14 after the two sides talked over the weekend, a union spokesman said yesterday.

Air Canada, the country's biggest airline, said in a statement that it and the the International Association of Machinists and Aerospace Workers had "agreed on the clarification of certain issues" in talks this past weekend and agreed to a revote.

The union's negotiating committee and Air Canada reached a tentative 21-month agreement on June 8 on a new labour deal, as well as a deal that will allow the cash-strapped airline to temporarily halt funding its $2.9 billion pension deficit. REUTERS

Business in brief

CURRENCY The world should look to displace the U.S. currency, even if that will take years, Chinese officials said in comments published yesterday. The push for reform of the international financial system could fuel debate at the upcoming the G8 summit in Italy. The Special Drawing Right, a unit used by the International Monetary Fund, presents a viable alternative to the dollar as a global reserve currency, said Li Ruogu, the chairman of the state-owned Export-Import Bank of China. REUTERS

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Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Fun, free and fulfilling

Reader submits his ideas for the good life

AlisonOnMoney

You'd be surprised how volunteering your time can be as fun as it is personally fulfilling. And, of course, it's free.

This column is dedicated to Barry of Halifax (because he basically wrote it.)

A few weeks ago I talked about how to find value in life without a hefty price tag. I didn't expect such an outpouring from you readers.

Barry sent me some ideas for those who enjoy the simple life. That's the only point of departure between Barry and me: There's nothing simple about his suggestions. Easy, yes, simple, no.

1. Invite an older person (or two!) in your building or town to come for supper and make the night magical for them and for yourself. Cook a homecooked meal and even put a tablecloth on your table. If you don't have a tablecloth, use a clean bedsheet. (Remember those student days!)

2. Have an outside dance for a few people. Invite little Johnny and granny too! Make your own drums or clap your hands.

3. Put a jigsaw puzzle together as a get-together. Gather guests around — it can be lots of old-fashioned fun.

4. Go outside in a group or a few people and lie down on the grass and dream all those dreams that are wanting to be released from your mind. This is for all ages. (I think there was a Robin William's movie with just such a theme.)

5. Take your dirty clothes to a friend's house to wash. Watch a movie in between loading and unloading and folding. Then, the next time, invite your friend to your place and do it all again. (What a brilliant idea! A laundry party.)

6. Read a short story to a blind person, a child or to someone confined in bed. It's actually highly entertaining.

In closing, Barry wrote, "I tried to think of entertainment that the poorest of people could do but that the richest people would enjoy as well." Well done Barry. Thanks.

Alison's Money Rule:

- Take a little creativity, add a dash of heart and suddenly adding enjoyment into your life turns out to be pretty inexpensive.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Toronto reader fuming over five-cent bag fee bylaw

MoneyMatters

Q I find it ridiculous, after spending over a hundred dollars at the grocery store; the retailer adds insult to injury and charges five cents per bag. To top it off, I was charged a tax on the bag. Must they charge a fee and are they taxable? How much and where does it go?

— Irene, Toronto

A You, me and all Toronto's city dwellers are adjusting to the new plastic bag bylaw introduced by Mayor David Miller. For readers in the rest of Canada, you know that certain stores will charge you a fee for bags but it's not a city-wide, mandatory change. Not yet, anyway.

The "charge" is subject to GST and PST (provided taxable items, including the bag, exceed 21 cents). However, what is 13 per cent of five cents? Not much of a tax grab for federal or provincial government. Retailers do not remit the five cents to the City of Toronto but keep it as profit, provided they are fortunate enough to have a profit in these economic times. The city, however, encourages the retailers to give back to the community.

Maybe if other Canadian cities follow suit, the city — in conjunction with an environmental group — should establish a special fund for environmental initiatives. Every cent counts.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca.

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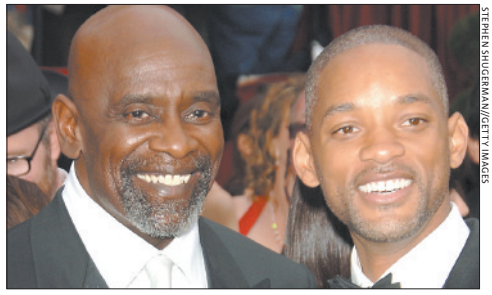

STEPHEN SHUGERMAN/GETTY IMAGES

Chris Gardner, left, was portrayed by Will Smith in the 2006 film The Pursuit of Happyness.

Find your happyness

ELISABETH BRAW
Metro World News

FEATURE Chris Gardner has a unique perspective on money: He's gone from living on the streets of San Francisco to becoming a top stock broker with Bear Stearns.

"The problem with Wall Street is greed," explains Gardner. "A very small number of greedy people created our current financial troubles. Politicians talk about regulation, but how do you regulate greed?"

The dashing 55-year-old was portrayed by Will Smith in the film The Pursuit of Happyness. Riding the New York subway recently, he encountered hundreds of people carrying boxes: They had been laid off. "But being laid off isn't a disaster," he says. "It's an opportunity to ask yourself, 'What do I really care about?.' The best and brightest won't eye a Wall Street career anymore."

When former Bear Stearns colleagues call him, Gardner advises them to start their own companies. Gardner himself runs Chris Gardner LLC, a multi-million dollar Chicago consulting firm. According to Gardner, the recession is a unique opportunity for people to move to more fulfilling careers.

And new lives, too. Recently a top Wall Street money manager told Gardner that his wife didn't love him anymore. "He told me that she expected expensive homes and chauffeur-driven cars, and now she has to take the train to New York City," recalls Gardner. "I said: You need a new wife!"

Chris' tips

Gardner gives career advice in his new book. Start Where You Are. He shares his top tips with Metro:

- What are you truly passionate about? That's where your success lies.
- Plan B sucks! If you create a Plan B now, you won't be truly committed to Plan A. Don't give yourself an "out option."
- Think outside the box when it comes to a career shift. And don't be afraid to take a job that's not your dream job if it will teach you some of the skills that your dream job will require eventually.
- Network. Make friends before you need friends.
- Money is the least significant component of wealth. Don't judge yourself by what's in your bank account. Money comes and goes but your conviction and talents cannot be traded, negotiated or sold.

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EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

A 'sexsomnia' defence

The J Spot
Josey Vogels
metronews.ca/thejspot

This week, Jan Luedecke, the Toronto, Ont., landscaper who was acquitted in 2005 for sexually assaulting a woman because he was sound asleep at the time of the assault, was scheduled to appear before a panel to determine if he should have any long-term restrictions on his freedom. Instead the panel ordered Luedecke undergo a "full and complete risk assessment" before making their decision.

"Sexsomnia, like insulin, five-pin bowling and the term 'cougar,' is a Canadian discovery."

Sexsomnia, like insulin, five-pin bowling and the term "cougar," is a Canadian discovery. I first heard about it at a sexuality conference in Guelph, Ont., several years ago when Dr. Paul Fedoroff, a forensic psychiatrist in Ottawa, Ont., presented research suggesting that stress, chronic sleeplessness, or alcohol or drug abuse may lead a person to engage in sexual behaviour while sound asleep. The research, which Fedoroff completed with co-researchers Dr. Colin Shapiro and Dr. Nik Trajanovic of the University of Toronto, first appeared in 1996 in a paper called Sexsomnia – A New Parasomnia? that was published in the Canadian Journal of Psychiatry in June 2003.

It was good timing for Luedecke as it was the wee hours of a house party in July 2003 when a woman woke up on the couch to find Luedecke having sex with her. He was found not criminally responsible for the assault because he was asleep at the time.

He testified that he had been overworked, overstressed, sleep-deprived, taken magic mushrooms and knocked back a whole bunch of booze, pretty much in line with Fedoroff's definition of "sexsomnia."

As bizarre as this all sounds, Luedecke's case is not the first.

In December of 2005, a British man was cleared of three counts of rape because he suffered "sexsomnia" and wasn't conscious during the act.

In August 2007, a British mechanic was cleared of a rape charge after the jury found him not responsible for his actions when he had sex with a 15-year-old girl while asleep.

And it's not just a guy thing. In 2004, an Australian woman was reportedly leaving her house at night and having sex with strangers while sleepwalking.

Any type of sleepwalking is rare, occurring in about three per cent of children and young adolescents, and 0.5 per cent of adults. According to research, four per cent of adults who suffer from the condition carry out sexual behaviour.

• For the latest sex news, visit Josey's blog Sexcetera at metronews.ca/blogs

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Get fit, avoid diabetes

Take the stairs, get off the bus early, go for 'activity breaks'

CELIA MILNE
For Metro Canada

ISTOCK PHOTO

Reduce your chance of getting diabetes by committing to "family walks" before or after mealtime and planning weekend activities such as going to parks and being physically active while there.

If you add physical activity to your life — even a bit at a time — you might be doing more than just losing weight. You'll be reducing your chances of getting diabetes.

People who aren't very fit are two to three times more likely to develop diabetes, according to a new study published in Diabetes Care.

The study was interesting because it tracked almost 4,000 people for 20 years to find out the relationship between their fitness levels and whether they developed diabetes. In the end, people with lower levels of fitness were significantly at higher risk of developing diabetes over the 20 years.

Patterns of physical activity are often established early and don't change much. "Patients who have low fitness in their late teens and 20s tend to stay the same later in life or even get worse," says Dr. Mercedes Carnethon of Northwestern University in Little Falls, N.J., who led the study.

Incorporate activity into your daily living

So how can you get started? It is ideal to exercise for 30 to 60 minutes a day. But Carnethon suggests that if that's not part of your lifestyle, you can begin with small changes and build towards more exercise.

"I encourage building up smaller periods of activity over the course of the day. Although 10-minute bouts of moderate to vigorous activity are ideal, there is evidence that small intense bouts of activity are also helpful. Those include taking the stairs instead of the elevator or escalator, getting off the bus one (or two) stops early and walking the remainder of the distance, and taking brief 'activity breaks' during long periods of sitting," says Carnethon.

She also suggests committing to "family walks" before or after mealtime and planning weekend activities such as going to parks and being physically active while there.

You can also build fitness into the time you spend on community service. For example, she says, many animal shelters welcome volunteers who are willing to come and walk their dogs and play with them. Or, if you volunteer for a service organization, you could help provide organized physical activities for children or the elderly. "My recommendations are that individuals make a commitment to incorporating activity into their daily living and find activities that are fun and can be sustained year round. By doing so, physical activity can become a habit."

Arm-toning tools

Dumbbells have a tight grip on the fitness scene, but other equipment can also strengthen your arms. Here are two widely available tools that have muscled their way into health clubs:

• Medicine Ball: Build your arm, chest and torso strength as you lift, lower, toss and catch this easy-to-grip weighted rubber ball. Weight increments vary from about two to 20 pounds (one to 10 kgs).

• Resistance Band: Rubber bands come in a variety of intensities that differ in how hard they are to pull. They are portable, easy to stow away in a drawer and lightweight. (If you have kids, you don't need to worry about a weight dropping on small toes.)

BEST HEALTH MAGAZINE

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Willis enrols in 90210

Rumer Willis' latest TV gig will take her to 90210. The eldest daughter of Bruce Willis and Demi Moore, Willis will appear on at least one fall episode as Gia, a lesbian reporter for West Bev's Blaze news show, a CW rep confirms. TVGUIDE.COM

Entertainment

Birthday boy

Tom Cruise turned 47 over the weekend with wife Katie Holmes and three-year-old daughter Suri. On his July 3 birthday — spent Down Under — Cruise caught an Australian Football League game. USMAGAZINE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Taylor Swift raps and rocks

Country star teams with Def Leppard, T-Pain

IAN NATHANSON
for Metro Canada

Well aware of her image as a wholesome adolescent country music sensation, Taylor Swift occasionally throws her fans off with her choice of collaborators.

Last year, CMT aired a Crossroads special that saw Swift team up with British hard rockers Def Leppard. And during last month's airing of the 2009 CMT Music Awards, Swift paired with the unlikeliest of duet partners — rapper T-Pain — on a humourous video called Thug Story.

That T-Pain-Swift bit, Swift explains during a telephone conference call, "was a collaboration between me and CMT. (The network) came to me and said we want you to be the focal point of the (show's) intro. They wanted me to play on the fact that all these (TV) specials that I do focus on me having a dream and setting my sights on accomplishing it. So why not think of some crazy things that people wouldn't expect you to do?

"So they let me write this rap. And T-Pain wanted to hear the track beforehand. I got up and rapped this whole thing for him and he couldn't stop laughing. The video was hilarious to shoot, too: I go to the mall, buy gangsta jewelry at this kiosk for $40. It was all meant to be really funny stuff."

Her collaboration with Def Leppard, though, was a much more serious affair but equally as fun.

"Stepping into someone else's studio is one of (my) favourite things," Swift says. "I have so many different levels of respect for people who make music that is different from mine. I understand what I do the most, but that's only because I've been doing my music for the longest time."

Swift has now topped the seven million mark in total record sales, which includes the triple-platinum late 2008 effort, Fearless. And her publicity continues to grow: A cover story for Rolling Stone magazine, ads for the Got Milk campaign, numerous awards including awarded the Academy of Country Music's Crystal Milestone Award (given for outstanding achievement in the genre) plus cameos in the Hanna Montana and Jonas Brothers In 3-D movies.

UNIVERSAL MUSIC PHOTO

Taylor Swift is only 19, but she's already topped the seven million mark in total record sales.

All this and a revelation of a public breakup with Joe Jonas, too. But Swift had her say on that subject months ago and is currently focused on her debut headlining tour, which she explains will feature some theatre-style elements to the performance.

"I grew up doing children's theatre," Swift says. "What I thought might be cool would be to have a big element of tour revolve around the theatrics to my songs — just dramatizations of what I've gone through in my life and what's going on inside my head."

In brief

BOOKS Two Chinese writers slaved for 48 hours straight to produce an "instant" biography of late singer Michael Jackson, despite having never met him, a state-run newspaper reports. Moonwalk in Paradise hit bookshelves over the weekend. REUTERS

Executors gain control of Michael Jackson estate

A Los Angeles judge handed temporary control of Michael Jackson's multimillion dollar estate yesterday to a lawyer and music industry executive named as co-executors in his 2002 will.

Lawyer John Branca and executive John McClain were named executors in a will Jackson signed in 2002 that left his estate, valued at more than $500 million US, to a trust benefiting his three children, his mother and charities.

The judge last week gave temporary control to Jackson's mother, Katherine Jackson, before the will surfaced, but with the 2002 document now filed in court, Los Angeles Superior Court Judge Mitchell Beckloff said "the law compels" that he put the executors in charge.

Beckloff set another court hearing for Aug. 3 to review the case, and said Branca and McClain must keep 79-year-old Katherine Jackson apprised of their dealings.

"We are relatively pleased with Judge Beckloff's ruling this morning. He's taken the unusual step of requiring that Ms. Jackson be kept informed of the administration of his estate in this preliminary phase," said Burt Levitch, an attorney for Katherine Jackson.

An attorney for Branca and McClain said they would carry out the pop star's wishes and maximize his estate's value.

The value remains an open question. Although the 2002 will valued Michael Jackson's holdings at more than $500 million, the 50-year-old singer was reported to be as much as $500 million in debt when he died of cardiac arrest on June 25.

Jackson owned one-half of Sony-ATV, which controls a music catalog which includes songs from The Beatles and other artists and has been valued as high as $1 billion. Jackson also owned a company that controlled the rights to music he recorded during his solo career, and its value is expected to rise over time.

REUTERS

GETTY IMAGES

Los Angeles police Sgt. Boris Washington briefs fellow policemen at the Staples Center yesterday. Police set perimeters around the venue, where the Michael Jackson memorial is to be held today.

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Tobey Maguire names son after himself

Tobey Maguire has named his son after himself. The actor and his wife Jennifer Meyer confirmed their son — born on May 8 — is named Otis Tobias Maguire. FEMALEFIRST.CO.UK

DVD picks

Knowing

Director: Alex Proyas

NICHOLAS CAGE never seems to turn down anything, especially if it has a sci-fi or fantasy angle, but he at least has a talent for finding profitable and moderately diverting films, as the National Treasure series has amply verified.

It's much the same with Knowing, a Biblical doomsday thriller that did improbably good box office back in the spring, despite recycling the plots of about a dozen such apocalyptic pictures.

A 1959 prologue sets the clock ticking on an ominous set of predictions. Asked to contribute to a time capsule, a weird kid in a Boston-district school submits a list of numbers that apparently mean nothing, unless you watch a lot of spooky movies. Too bad the dog didn't eat her homework.

Flash forward to 2009, and the son (Chandler Canterbury) of MIT astrophysics professor John Koestler (Cage) finds the numbers and shows his dad, a skeptic by training and an atheist by conviction (he blames God for his wife's death).

Much to his shock and awe, John discovers the figures have added up to reveal not just tragedies of the past half century (9/11 among them), but more to come — including (insert drum roll) the end of the world. Can he do anything about it? At least he has a beautiful accomplice (Rose Byrne) to go crazy with.

Knowing works best for people who know their Bible and who have a high tolerance for cheesy special effects. This would include director Alex Proyas, whose indie flair with 1998's Dark City has yielded to profitable hackwork built around morality tales (I, Robot being another) and incendiary set pieces.

Good for a cottage video rental — and isn't that worth Knowing?

Peter Howell/ for Metro Canada

Entourage boys come back for sixth season

Many a Hollywood actor has managed to sustain a long-term career with little discernible talent, drive or effort. So too Entourage, the HBO series heading into its sixth season that, like its movie-star protagonist Vincent Chase (Adrian Grenier), coasts along on charm and little else.

GETTY IMAGES

Some of the cast of the HBO show Entourage and executive producer Mark Wahlberg are seen here at Season 5's premiere. The show has been picked up for a sixth season as well.

Maybe what keeps Entourage so mystifyingly satisfying is the contact high delivered by its sumptuous depiction of luxe Los Angeles. Or maybe it's the easy chemistry of the featured quartet. No other show with so little to specifically recommend about it paradoxically commands such faithful viewing.

But if the first two episodes of the new season, which kicks off on July 12, are any indication, the show's staying power isn't attributable to its satirical edge. A reflection of the real-life recession-rocked entertainment industry Entourage isn't.

Sure, Ari Gold (Jeremy Piven) is throwing stones all over the glass castle that is his Miller Gold Agency, but no more or less than usual. The worst he has to deal with is renewed begging from his long-suffering assistant, Lloyd (Rex Lee), for a promotion. And his new hire, Andrew Klein (Gary Cole), is bringing in plenty of clients but creating other problems, too.

Whatever elevated mercury levels thwarted Piven's theatre career last year on Speed the Plow show no lingering after-effects for the actor, who is as sharp as ever in the role he was born to play.

Chase certainly isn't feeling any stress either as he enjoys a comeback in the fictional Martin Scorsese film Gatsby. His biggest problem in the season premiere? Whether he should take his Aston Martin to the road test he has to take to get his driver's licence.

Which isn't to say Chase has suddenly broken free from the state of co-dependent arrested development with his boys. Eric (Kevin Connolly) is so enmeshed in this bro-mance he finds it difficult to rekindle his romance with Sloan (Emmanuelle Chriqui), though you would think he would just marry her to get away from the constant needling of Drama (Kevin Dillon) and Turtle (Jerry Ferrara).

It's more than a little bizarre to watch thirtysomething men being driven to panic at the prospect of their foursome being broken apart. But as much as this curious dynamic is begging for a homoerotic parody, it's truly the heart of the show.

REUTERS

In brief

RINGSIDE WWII The Weinstein Co. is stepping into the ring to promote Quentin Tarantino's upcoming Second World War picture Inglourious Basterds. The studio is partnering with mixed-martial-arts organization the Ultimate Fighting Championship, which will feature the movie at the UFC 100, a large-scale pay-per-view event set for Saturday in Las Vegas.

RINGSIDE WWII Add another party guest to the Saturday Night Live reunion taking place on the set of the comedy Grown Ups. Tim Meadows, a 10-year SNL alumnus, joins former colleagues Adam Sandler, Maya Rudolph, Rob Schneider, David Spade, Chris Rock, Norm Macdonald, Tim Herlihy and Colin Quinn in the cast of the Columbia picture about high school friends who get together 30 years after graduation.

REUTERS

GlobalStyle
Kenya Hunt
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metronews.ca/movies

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 7/7/09	251	308	3 CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Being Erica "Plenty of Fish"		CBC News: The National (N)		Stampede
	255	358	6 JOY	E! News (N)	The Insider	Taking It Off "Taking Stock"		Better Off Ted	Rocker Moms	Ruby (CC)	Ruby (N)	News (CC)
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	Corner Gas	Hollywood	Canada's Next Top Model (N)		The Mentalist "Redwood"		Law & Order: SVU		News (N)
	-	-	10 OMNI	The Daily	Frasier (CC)	Islam 101 (CC)		Poltergeist: The Legacy		Scrubs (CC)	The Search	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Broken Bird" (CC)		The Office "Launch Party"		NCIS "Designated Target"		News (N)
	256	389	12 VI	The Road to Avonlea		Monk Submarine death. (CC)		America's Got Talent (N)		Cupid (CC)		News (N)
	253	359	13 CITY	Law & Order: SVU		Privileged (CC)		Murdoch Mysteries		Make Me a Supermodel		The CityNews
	-	-	14 CW	Deal-No Deal	Deal-No Deal	90210 "Model Behavior"		Hitched or Ditched (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Broken Bird" (CC)		The Mentalist "Redwood"		(:01) 48 Hours Mystery (CC)		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	Great American Road Trip		America's Got Talent (N)		Law & Order: SVU		News (N)
	602	568	19 W	Style by Jury	Friends (CC)	Style by Jury	Style by Jury	Style by Jury	Style by Jury	How I Married My High School Crush (2007)		
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	The Superstars (N) (CC)		Better Off Ted	Scrubs (CC)	Primetime: Family Secrets (N)		KOMO 4 News
	-	-	22 KVOS	M*A*S*H	Seinfeld	The Crocodile Hunter: Collision Course ★★ (2002, Comedy)				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	Conver-KCTS	Nova (CC) (DVS)		Nova scienceNOW (N)		P.O.V. "Life.Support.Music" (N) (CC)		
	290	382	23 FOX	Two/Half Men	Two/Half Men	Legally Blonde 2: Red, White & Blonde ★★ (2003, Comedy)				News (N) (CC)		Family Guy
	-	364	26 PBS	Weapons	Weapons	My Hero	Summer Wine	Tavis Smiley	Charlie Rose (N) (CC)		Nova (CC) (DVS)	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	Paid Program	Family Court	Paid Program
	298	653	66 TLA	Two/Half Men	Two/Half Men	90210 "Model Behavior"		Hitched or Ditched (CC)		KTLA Prime News (N) (CC)		Friends (CC)
	295	651	33 WGN	MLB Baseball: Braves at Cubs		WGN News	90210 "Model Behavior"		Hitched or Ditched (CC)		Friends (CC)	My Wife-Kids
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Odd Couple
	199	311	68 STR	News (N)	News		Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld
news	502	390	28 NW	Playing the Machines (CC)		CBC News: The National (N)		CBC News: The National		Playing the Machines (CC)		National
	500	500	38 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	42 RSP	MLB Baseball Baltimore Orioles at Seattle Mariners. From Safeco Field in Seattle. (Live)						Sportsnet Connected (Live)		UFC Top 100
	400	400	30 TSN	SportsCentre (Live) (CC)			In This Corner	WEC WrekCage (CC)		Boxing	Motoring 2009	SportsCentre
	411	457	49 OLN	Cycling: Tour de France		Cycling Tour de France -- Stage 4. From Montpellier. (CC)						Departures
	410	403	24 SCR	Score Tonight		Final Score	Final Score	Final Score	Final Score	Final Score	Final Score	Final Score
	417	406	65 SC	Drag Race	Drag Race	Pimp My Ride	Pass Time	Pimp My Ride	Pimp My Ride	Super Bikes!	Super Bikes!	Drag Race
	416	409	144 GLF	Fútbol		Gol TV News	Hallo Bundesliga		Gol TV News	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	Prank Patrol	Prank Patrol	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach (CC)		Mystery Hnt.
	555	545	50 TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Chicken	American Dad	Moral Orel
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	55 TRE	Comfy Couch	Zigby	Max & Ruby	Babar (CC)	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Gardens	Recreat. Eden	Mighty Movers (CC)		Private Life of a Masterpiece		Prisoners of Age (CC)		The Big V
	575	583	20 CMT	Hope & Faith	Hope & Faith	Cheer Moms	Cheer Moms	Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	40 MM	Video on Trial	disBand	One Tree Hill (CC)		Greek "Move On.Cartwrights"		MuchVibe		Spotlight
	600	564	29 H&G	House	House	Holmes on Homes (CC)		SarahCottage	Genevieve	HGTV's Top	Dirty Business	House
	615	520	61 A&E	The Cleaner (N) (CC)		The Cleaner (CC)		The First 48 (CC)		The First 48 (CC)		The Cleaner
	628	584	62 SPKE	UFC 100 Countdown		Talking Monkeys in Space		CSI: Crime Scene Invstgtn.		UFC 100 Countdown		Disorderly
	521	560	47 TLC	Little Couple	Little Couple	18 Kids-Count	18 Kids-Count	Little Couple	Little Couple	Stager	Stager	Dress
	616	522	63 SHO	The Outer Limits (CC)		Painkiller Jane "Fear Itself"		Time and Again (2007, Drama) Brooke Burns. (CC)				House (CC)
	620	523	70 BVO	Rockabilly 514 Rockabilly.		Law & Order "Darkness"		Without a Trace (CC)		The Broken Hearts Club ★★ (2000) (CC)		
	601	562	41 SLC	Rich Bride, Poor Bride (CC)		ET Canada	Til Debt-Part	Real Housewives OC		Trading Spouses		Biggest Loser
	520	505	72 DIS	Deadliest Catch (N) (CC)		Daily Planet (CC)		Destroyed	Destroyed	Deadliest Catch (CC)		How It's Made
	522	506	44 HIS	NCIS "Jeopardy" (CC)		Lost Worlds (CC)		To Build a Nation (CC)		NCIS "Jeopardy" (CC)		Marine Mach.
	627	528	45 SPC	Watchmen	Watchmen	(:15) Stargate SG-1 "Avatar"		Star Trek: Next Gener.		(:15) Star Trek: Voyager (CC)		Star Trek: Ent.
	294	650	67 TBS	The Office	The Office	Seinfeld	Seinfeld	Sex and-City	Sex and-City	Forces of Nature ★★ (1999) Sandra Bullock.		
	619	525	48 TROP	Power Play "Temptation"		Tube Tales	Tube Tales	Seinfeld	Raymond	Family Guy	Seinfeld	Seinfeld
	603	561	69 FN	Good Eats	Good Eats	Iron Chef America (CC)		Unwrapped	Unwrapped	The F Word		Good Eats
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	Hot Box (N)	Awesome	Daily Show
	320	621	60 CEN	(6:30) Mount Pleasant (2006)		Towelhead ★★ (2007, Drama) Summer Bishil. Premiere. (CC)				Rendition ★★ (2007) Jake Gyllenhaal. (CC)		
	581	566	101 MTV	Run's House	Run's House	MTV Live	After	Living	Living	Run's House	Run's House	MTV Live
	261	394	102 V	Lost Gods	Search	Poltergeist: The Legacy		Agatha Christie: A Life in Pictures Novelist reveals her life.				Paid Program
	-	-	103 MUL	Banquet	Kingdom-Wind	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

Torchwood

Gwen (Eve Myles) accidentally activates an alien device, sending her back in time to the Second World War. So what does Owen (Burn Gorman) do? Accidentally activates the same device, sending him to 1963 to witness the murder of a girl. In the present, he tracks down and confronts the murderer, who inadvertantly leads him to the artifact's thief — who has the other half, which allows contact with the future. 6 PM on SPC

Great American Road Trip

If the economy has forced you to curtail your family vacation plans, NBC may have the solution: Comic Reno Collier hosts this eight-episode reality series in which seven diverse families from Texas, Illinois, New York, California, Alabama and Connecticut take a memorable journey together along the storied Route 66, competing in a series of challenges along the way that ultimately will reward one family with a dream prize. 8 PM on NBC

Pattinson not loving N.Y.

Filming in New York has not endeared the city or its women to Twilight star Robert Pattinson, who is said to be discouraged by the amount of attention he receives from his fans, popeater.com reports. "He's overwhelmed by all the girls — they terrify him," an insider says. METRO NEWS SERVICES

Celebrity Buzz

Who's the real Brüno?

INSPIRATIONS It looks like Brüno, Sacha Baron Cohen's over-the-top gay character, isn't as outrageous a fabrication as you may think, people.com reports. There's a debate raging in Austria right now over who the "real Brüno" could be, and there is not one but two contenders.

Alfons Haider is the front runner. A deliciously theatrical 51-year-old entertainer — actor, cabaret star, reality show host, singer — thinks the discussion is a hoot. "Aren't we a funny country? It's like there's no recession or other problems in the world. Here the press is worried about who the real Brüno is."

As for the resemblance with Cohen's creation, he tells People, "I only have four things in common with Brüno: I'm a man, an Austrian, I'm on television, and I'm gay — that's it."

He also has a theory about being Brüno's inspiration, adding, "Nine years ago, Sascha Baron Cohen studied in Austria for a year. Since I've done over 800 television shows in the past 15 years, I can't rule out the possibility that he may have seen one of my shows."

The only problem with Haider is he's not into fashion.

Enter "Brüno" number two. Adi Weiss, a 33-year-old Vienna-based fashion journalist who, although still new to television, fits the rest of the bill.

Weiss is hardly as flamboyant as Brüno — he told People that he is "the most down-to-earth fashion journalist you'll ever meet."

As far as Weiss is concerned, though, Brüno is utterly a figment of his creator's imagination.

METRO NEWS SERVICES

Anniversary as Posh as it gets

ISLAND GETAWAY David Beckham has hired Thunderbirds' Tracy Island for his tenth wedding anniversary to wife Victoria, femalefirst.co.uk reports.

The soccer star has reportedly splashed out more than $200,000 to ensure he and the former Spice Girl are the only people on the idyllic North Island in the Seychelles — which featured in the 2004 film adaptation of the puppet TV series Thunderbirds.

A source said: "David and Victoria appear so in love. They have gone on lots of romantic walks, holding hands like a couple of newlyweds."

The 34-year-old sportsman has hired a private chef and a team of 20 staff members to look after Victoria and himself during their stay.

METRO NEWS SERVICES

Miley single and loving it

TWEET SPOT It looks like Miley Cyrus and Nick Jonas are not dating after all, popeater.com reports. The Hannah Montana star took to her Twitter page to announce her love of the single life and to ask the Almighty to find her the perfect dude. "Dear GOD, I would like a boy that is like John Mayer / James Morrison / Elvis / Rob Thomas all in one. YOU'RE THE BEST!"

METRO NEWS SERVICES

London calling Madge

HOME RUN Madonna misses living in London — and regularly flies back to the U.K. so her adopted daughter Mercy can experience life in Britain, femalefirst.co.uk reports.

The star fled to New York following her divorce from second husband Guy Ritchie last year. She tries to split her time between the Big Apple and the British capital but has recently spent much time at her New York residence.

However, since winning her appeal to adopt Malawian tot Mercy James, four, in May the superstar singer has been trying to spend as much time in the U.K. as possible, insisting she still considers London her home.

She insists the regular visits to the city are good for her youngest child — because many of her London-based friends have children of similar ages to Mercy.

She tells FemaleFirst; "A lot of my girlfriends here have kids so she (Mercy) has playdates every day.

"I still think of this as my home. I really miss my house here when I'm away. I love being here. I've missed my friends and it's nice to drive on the wrong side of the road again."

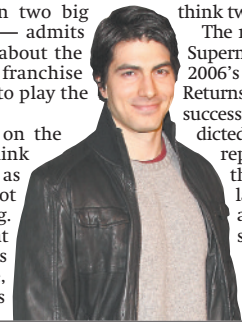
METRO NEWS SERVICES

'Superman' out of contract

DONE DEAL Brandon Routh is no longer contracted to play Superman, femalefirst.co.uk reports. The actor — who has portrayed journalist Clark Kent and his alter ego in two big screen outings — admits he has no idea about the future of the franchise but would love to play the role again.

He is quoted on the website Think McFly Think as saying: "Do not know anything. I'm sure that Warner Bros. is moving there, but everything is still uncertain. Really, I do not know anything.

"My contract has expired. But if they call me, I'd go back to the character again without having to think twice."



The most recent Superman movie, 2006's Superman Returns, was not as successful as predicted and Routh reportedly thinks it was lacking in action scenes.

METRO NEWS SERVICES

Fergie hubby hits the stripper pole

WILD GIFT Josh Duhamel and Fergie received some very interesting wedding presents, the actor says. The oddest of all? A stripper pole for their home. "I've played on the pole more than she has," Duhamel says

METRO NEWS SERVICES

Chaz wants sex change on TV

REALITY CHECK After announcing her intentions to undergo gender reassignment surgery, Chaz Bono, formerly known as Chastity, is reportedly fielding offers from producers to document the transformation for a reality TV show.

"Chaz is adamant about recording her sexual identity struggles and her transition from female to male," a source tells the National Enquirer. But it's reportedly something her mom, Cher, can't get behind. "Cher was shocked," another source says.

METRO NEWS SERVICES

ComicsOnline

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Wednesday Partly sunny 17°/ 14°
Thursday Sunny 19°/ 14°
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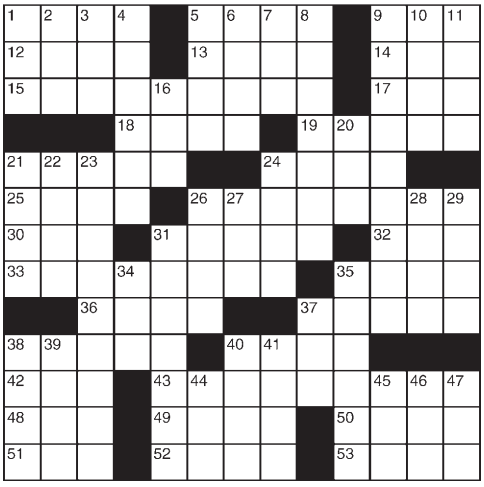
Take Five



Crossword across

1 Parks or Bonheur
5 Chess piece
9 Dandy
12 Sleeping
13 Conception
14 White House nickname
15 Big-bucks specialist
17 Pinch
18 Heart of the matter
19 Holds sway
21 Add on
24 Mrs. Dithers in the comics
25 Advertising award
26 Presentations
30 Sun shade?
31 On all — (crawling)
32 Anonymous John
33 Cheap ride section
35 Carriage
36 "Star —"
37 Stash a lot
38 Crouch
40 Hoodlum
42 Triumphed
43 A little pointer?
48 Mimic
49 Russian river
50 Killer whale
51 Third degree?
52 Tardy
53 Spud's buds

Crossword down

1 U.K. fliers
2 Kimono closer
3 Rep.'s counterpart
4 At a slow tempo
5 Snapshots
6 Mine entrance
7 Tiny
8 NYC's Verrazano-— Bridge
9 Vodka brand or Sibelius work
10 Tom Joad, e.g.
11 Energizes, with "up"
16 Kibosh
20 Spoonbender Geller
21 Performs
22 Level
23 Tweaked
24 Heart
26 Drench
27 Embrace
28 No stay-at-home
29 Transmit
31 Worrisome
34 Historic time
35 Fifth president
37 Weeding tool
38 Trade
39 19th Hebrew letter
40 Summertime pest
41 Look lasciviously
44 Playwright Levin
45 Take a whack at
46 Lemieux milieu
47 — de deux

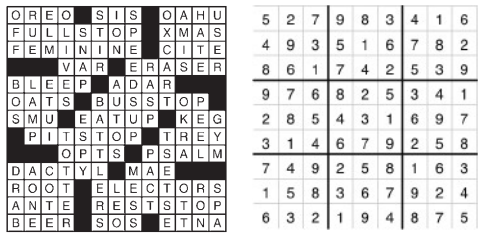
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	9			5			6	
		7	4		2	8		
3								1
7		1				5		8
			2		5			
6		9				4		7
9								5
		3	6		9	7		
	8			4			1	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



5	2	7	9	8	3	4	1	6
4	9	3	5	1	6	7	8	2
8	6	1	7	4	2	5	3	9
9	7	6	8	2	5	3	4	1
2	8	5	4	3	1	6	9	7
3	1	4	6	7	9	2	5	8
7	4	9	2	5	8	1	6	3
1	5	8	3	6	7	9	2	4
6	3	2	1	9	4	8	7	5

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Leek and Cheddar Cheese Tart

INGREDIENTS:

7–8 slim leeks, about
2 lb (1 kg) in total
Salt and black pepper
1/2 lb (250 g) fresh puff pastry
1 tbsp (15 ml) Dijon mustard
1 medium egg
3/4 cup (175 ml) cheddar cheese

METHOD:

1. Preheat oven to 450°F (230°C). Put kettle of water on to boil.
2. Trim leeks to length of about 7 in. (18 cm) and rinse them. Arrange in single layer in wide frying pan, pour on boiling water from kettle, add pinch of salt, return to boil, reduce heat, and simmer, covered, 6–8 minutes.
3. While leeks cook, roll out puff pastry on lightly floured surface to 10 in. (25 cm) square, then transfer pastry square onto baking sheet.
4. Cut 1/2 in. (1 cm) strip of pastry from each of four sides. Dampen area around edge of square with water and trim pastry strips to fit flat on top of dampened edges, so that they look like picture frame; press lightly into place.
5. Drain leeks and cool under cold running water. Drain again, then wrap in folded dish cloth and press gently to remove remaining moisture.
6. Arrange leeks inside pastry case and brush with mustard. Break egg into small bowl and beat lightly, then brush border of tart with beaten egg. Grate cheddar cheese and spread evenly over top of leeks.
7. Bake on top rack of oven for 15 minutes, or until pastry is risen and golden and cheese has melted and is bubbling. Remove from oven and cut into quarters with serrated-edged knife. Serve hot or warm.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
You may not be able to control the way other people behave but you can control the way you react to their antics.

TAURUS ♉
APRIL 21-MAY 21
It might be wise to keep your suspicions to yourself today, no matter how much you want to confront someone with the evidence you have uncovered.

GEMINI ♊
MAY 22-JUNE 21
What seems like such a good money-making idea now may turn out to be the opposite later on, so err on the side of caution today.

CANCER ♋
JUNE 22-JULY 22
A lunar eclipse in your opposite sign of Capricorn means you won't get any sense out of partners and loved ones today.

LEO ♌
JULY 23-AUG 23
It would appear that a deadline of some sort is putting you under intolerable pressure. Either find an easier path or forget about it altogether.

VIRGO ♍
AUG 24-SEPT 22
You have so much potential but there is a danger that today's eclipse could tempt you to overreach yourself.

LIBRA ♎
SEPT 23-OCT 23
Disruption of some sort is inevitable today but it must not be allowed to deflect you from the objectives you are pursuing.

SCORPIO ♏
OCT 24-NOV 22
A plan made on the spur of the moment today is unlikely to work out the way you envisaged, so don't be too eager to push ahead with it.

SAGITTARIUS ♐
NOV 23-DEC 21
It may seem as if you have gone as far as you can towards your goal and you may be tempted to give up once and for all, but don't be hasty.

CAPRICORN ♑
DEC 22-JAN 20
The lunar eclipse in your sign will make you rather emotional today, but that's not necessarily such a bad thing. Let it all out once in a while.

AQUARIUS ♒
JAN 21-FEB 18
It may feel as if events are running away and that may in fact be true, but why should it worry you? Sit back and enjoy the ride.

PISCES ♓
FEB 19-MARCH 20
You will have to choose between working with others and giving up some of your aims, or going it alone but without the support that teamwork brings.

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